

Tamari, lemon grass and lime salmon with orange and cucumber salad

Total time **60 mins** 30 mins preparation time 30 mins marinating time

Nutritional facts (per portion):

2254 kJ / 538 kcal

INGREDIENTS

4 portion(s)

4 150 g (5 oz) salmon fillets, skinned if preferred

Marinade:

4 tbsp Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce

1 stalk of fresh lemon grass, crushed
juice of 2 limes

1 tsp sunflower oil

Salad:

2 oranges, peeled and segmented

1 cucumber, shaved into long ribbons using a vegetable peeler

1 bunch of watercress, coarse stalks and any yellow leaves discarded

4 tbsp sunflower oil

2 tbsp rice vinegar

2 tbsp Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce

PREPARATION

Step 1

Place the salmon fillets in a shallow dish. Mix together the marinade ingredients and pour over the salmon. Cover the dish with cling film and leave to marinate in the fridge for 30 minutes.

Step 2

Preheat a ridged grill pan or heavy frying pan and lightly grease with the oil. Lift the salmon fillets from the dish, add to the pan and cook for about 5 minutes until done, basting the fish with any marinade left in the dish and turning the fillets over once.

Step 3

Meanwhile prepare the salad. Arrange the orange segments, cucumber ribbons and watercress sprigs on four serving plates. Whisk together the oil, rice vinegar and Kikkoman Tamari Gluten Free Soy Sauce and drizzle over the salads.

Step 4

Remove the salmon fillets from the pan and sit on top of the salad. Serve at once.